PROCLAMATION

Black Mental Health Day

WHEREAS: March 4th marks Black Mental Health Day. The day was proclaimed by Bill 178 Black Mental Health Day in 2020 by the Government of Ontario to raise awareness about the impacts of anti-Black racism on mental health in Black communities and to foster systemic change.

This year the City of Brampton will celebrate Black Mental Health Month by amplifying the impact that anti-Black racism has on Black Canadians' mental health and wellness.

In line with the 2024 theme - 'Growth and Reflection' and in recognition of the UN's International Decade for People of African Descent, the City of Brampton undertakes an awareness campaign to encourage growth and reflection in the community.

It is well documented that there is a correlation between racism and mental health. Anti-Black racism also has adverse affects on an individuals' physical and mental health, whether one experiences racism directly or indirectly.

During Black Mental Health Month, the City of Brampton will run an awareness campaign among other events. The City also intends to continue working towards improved Black mental health outcomes for the Black community.

THEREFORE: I, Mayor Patrick Brown, on behalf of Brampton City Council, do hereby proclaim March 4, 2024 as "Black Mental Health Day" in the City of Brampton.

Mayor Patrick Brown, City of Brampton